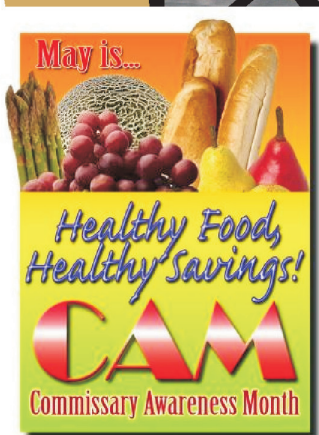


Fort Drum Boss

Bistro in the Barracks

Cook Book



Welcome

This cookbook is meant to be an inspiration for healthier eating and to show that healthy meals can easily be prepared even when living in the barracks. The Fort Drum Commissary is your resource for fresh and healthy ingredients to make your cooking creation tasty and nutritious.

Fort Drum BOSS Program

BOSS provides a vehicle for input and feedback between single soldiers, the installation and the command.

BOSS helps establish priorities of installation recreational activities and enhances recreational opportunities for single soldiers.

BOSS encourages and supports participation in Community Life activities.

BOSS helps units take better care of their soldiers with the help of the units own soldiers.

BOSS supports the chain of command at all times.

Fort Drum Commissary

The DeCA Mission: Deliver A Premier Commissary Benefit to the Armed Services Community that:

- Encourages an exciting shopping experience
- Satisfies customer demand for quality grocery and household products
- Delivers exceptional savings while...
- Enhancing quality of life
- Fostering recruitment, retention and readiness
- Supporting warfighters' peace of mind, knowing their families have secure and affordable access to American products.

Army and Air Force Exchange Service (AAFES)

AAFES mission: to provide quality goods and services at competitively low prices and generate earnings to support MWR programs.

AAFES vision: to be our customer's first choice.

Children's Home of Jefferson County

Enhancing Children's Lives Since 1859

It is the mission of the Children's Home of Jefferson County to provide a temporary, therapeutic home for children who are experiencing difficulties in their surroundings and to develop an individual treatment plan for each client in a safe and structured environment. Through guidance and counseling, clients can develop the skills necessary to become contributing members of their community.

Chef Chris Manning Is the Executive Chef at the Children's Home of Jefferson County and Guest Chef on WWNY 7 News weekly "TV Dinner". His participation in the Commissary Awareness Month event and submissions to this cookbook is sincerely appreciated.



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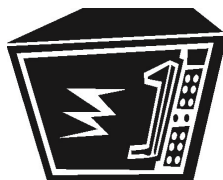
Key:



Blenderific



Chillin' at the Grill



Nuke It



Stir Things Up



Cook Top in a Pot

Fort Drum BOSS Belly Bustin' Barbeque Burger



Serves 6 pcs | Difficulty Level: 3 | Ready In: 30 - 60 minutes

- 1 pound ground chuck
- 1 pound ground sirloin
- 1/3 cup minced sweet onion
- 3 tablespoons minced fresh oregano, thyme, and basil (any combination)
- 1 tablespoon Tabasco Chipotle Pepper Sauce
- 1 1/2 teaspoons spicy seasoned salt
- 12 California avocado slices (prepare at the last minute, brushing with balsamic vinegar and sprinkling with spicy seasoned salt before grilling)
- 12 pre-cooked bacon slices
- 6 soft onion rolls (about 4 1/2 inches in diameter), split
- Romaine lettuce leaves
- 6 large tomato slices, about 1/4 inch thick

CARMELIZED CHIPOTLE ONIONS

- 1 large sweet onion, halved and thinly sliced
- 1 tablespoon Tabasco Chipotle Pepper Sauce
- 1 tablespoon beef broth
- 1 tablespoon balsamic vinegar
- 1 tablespoon oil
- 1 tablespoon crushed fresh garlic
- 1 tablespoon dark brown sugar

Preparation

In a grill with a cover, prepare a medium-hot fire for direct-heat cooking.

For caramelized onions, combine onion, pepper sauce, broth, vinegar, oil, garlic, and brown sugar in a 10-inch nonstick skillet with a lid. When coals are ready, place covered pan on grill rack. Cook onion mixture for 15 to 20 minutes, stirring occasionally, until onions are caramelized and most of liquid is evaporated. Remove pan from grill and set aside.

For burgers, place ground beef in a large bowl. Drizzle in onion, herbs, pepper sauce, and seasoned salt; mix gently. Shape beef mixture into 6 round patties. Brush grill rack with vegetable oil. Place patties on grill rack, cover, and cook about 4 minutes. Turn and continue cooking until done to preference.

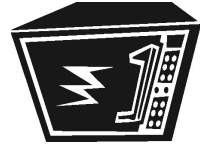
During final minutes of grilling patties, arrange avocado slices on a rimmed nonstick perforated grilling pan coated lightly with oil, and grill alongside patties for 1 to 2 minutes, turning as necessary. During final 30 seconds, add bacon slices to pan. When avocados are nicely grilled and bacon is crisp, remove from grill. When patties are cooked, remove from grill, stacking to keep warm. Place rolls, cut side down, on outer edges of grill to toast lightly.

To assemble burgers, on each roll bottom, layer lettuce, tomato slice, beef patty, caramelized onions, grilled avocado, and bacon. Add roll top and serve.

Appetizers

Stuffed Mushrooms

Serves/Makes: 8 pcs | Difficulty Level: 2 | Ready In: < 30 minutes

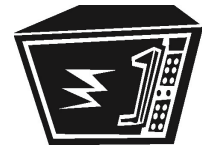


- 8 medium sized mushrooms approx. 6cm diameter
- 2 slices bacon
- 2 shallots or 3 spring onions
- 3 tablespoons fresh breadcrumbs
- 1/2 teaspoon dried parsley flakes
- Pepper and salt
- 2 teaspoons butter
- Grated cheese

Wipe mushrooms, remove stems and reserve. Trim stems and chop finely. Chop bacon and shallots. Place into a small bowl and microwave on high for 1 minute. Add breadcrumbs, seasoning and mushroom stems and mix well. Place a heaped teaspoon of this mixture into each mushroom. Sprinkle with grated cheese. Place mushrooms onto a plate and dot butter between mushrooms, cover with clingfilm. Microwave on high for 2.5 minutes.

Bacon Dip

Serves/Makes: 10 | Difficulty Level: 3 | Ready In: > 2 hrs

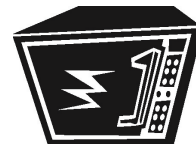


- 12 slices already-cooked bacon
- 1 1/4 cup sour cream
- 1/2 cup mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- pinch of cayenne pepper
- 1 cup chopped ripe tomato
- 2 cups lightly packed chopped iceberg lettuce

Place the already-cooked bacon on a microwave-safe plate, cover with a paper towel, and microwave on high for 2 to 3 minutes to crisp. Remove from the microwave and blot off any excess grease with paper towels. Set the bacon aside to cool. Mix together the sour cream, mayonnaise, garlic powder, onion powder, and cayenne in a medium-size serving bowl. Coarsely crumble in the crisped bacon. Stir well, cover, and refrigerate for at least 4 hours. The dip can be refrigerated at this point for up to 24 hours. Rinse, seed, and finely chop but do not peel the tomato, sprinkling the pieces over the refrigerated dip as you chop. Chop the lettuce into bite-size pieces. Sprinkle the lettuce over the tomato. Just before serving, stir the lettuce and tomato into the dip. Refrigerate for 1 hour before serving.

Hot Crab Dip

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: < 30 minutes

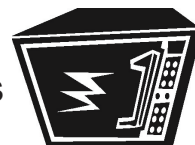


1/3 cup Half & Half Cream
8 ounces Cream Cheese -- Softened
1 cup Crab Meat -- Flaked
2 teaspoons Lemon juice
1 1/2 teaspoon Worcestershire
Salt

Mix together all ingredients. Heat thoroughly. Keep warm in chafing dish.

Cocktail Hot Dogs

Serves/Makes: 10 | Difficulty Level: 2 | Ready In: < 30 minutes

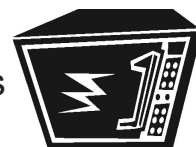


1 package cocktail hot dogs
1 cup BBQ sauce

Heat the hot dogs and BBQ sauce in a microwave safe bowl for about 2 minutes.
Serve with toothpicks.

Bean Dip

Serves/Makes: 3 cups | Difficulty Level: 3 | Ready In: < 30 minutes

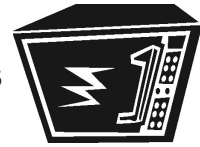


16 ounces velveeta cheese, cut up
16 ounces canned refried beans
4 ounces chopped green chilies

Microwave velveeta, beans and chilies in a 2 qt. microwavable bowl on high for 5 to 6 minutes or until Velveeta is melted stirring every 3 minutes. Watch close to keep cheese from burning. Serve with tortilla chips.

Cheesy Beef Nachos

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: < 30 minutes

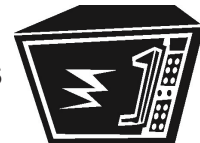


1/2 pound ground beef
1/2 cup salsa
4 cups tortilla chips
1 cup shredded cheddar cheese
for accompaniment
Sliced green onions
chopped tomatoes
sliced jalapeno peppers
sliced black olives
sour cream
guacamole
chopped green peppers

Brown meat; drain. Stir in salsa; simmer for 2 minutes. Arrange chips on microwavable dinner plate. Top with meat mixture. Sprinkle with cheese. Microwave on HIGH for 2-3 minutes or until cheese is melted, rotating plate every minute. Top with suggested accompaniments as desired.

Ranch Wings

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: < 30 minutes



1 1/2 pound chicken wings
2/3 cup finely crushed buttery crackers
1/2 teaspoon salt
2 tablespoons Ranch salad dressing
1/2 teaspoon paprika

Cut off wing tips. In a bowl, combine wings and Ranch dressing. Combine crushed crackers, paprika and salt in a shallow dish. Dip chicken wings in cracker mixture. In a 12x8" baking dish, microwave on high for 7-9 minutes (cover with a paper towel) or until chicken juices are clear when pierced with a fork. Serve with additional Ranch dressing.

Soups and Main Dishes

Beefy Spaghetti Soup

Serves/Makes: 4 | Difficulty Level: 3 | Ready In: < 30 minutes

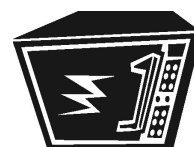


- 1/2 pound ground beef, crumbled
- 1 medium onion
- 1 clove garlic, minced
- 4 cups beef stock
- 1 teaspoon olive oil
- 1 mushrooms, sliced
- 1 can tomato sauce
- 1 cup frozen cut green been
- 1 1/2 cup broken spaghetti (uncooked)
- 1 teaspoon parsley flakes
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 Bay leaf
- 1/2 teaspoon oregano

In large casserole combine ground beef, onion, garlic, and oil. Microwave at high until meat is no longer pink, stirring once during cooking. Drain. Add remaining ingredients. Cover. Microwave at high till spaghetti is done (around 20 to 25 minutes). Stir occasionally.

Minestrone

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: 30-60 minutes

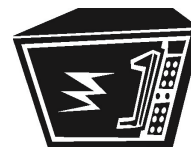


- 1/2 cup thinly sliced celery
- 1/2 pound green beans, cut in 1" piece
- 1/2 cup thinly sliced carrot
- 1/2 cup broken spaghetti
- 1 large potato, cut in 1" pieces
- 3 cups hot water
- 1 clove garlic, minced
- 2 teaspoons Instant beef bouillon powder
- 1 can (16 oz size) tomatoes, undrained
- 1 teaspoon basil leaves, shredded
- 1 cup thinly sliced zucchini
- 1 tablespoon parsley flakes

In 3-qt microwave-safe casserole, combine all ingredients. Cover and microwave on high 25-30 minutes or until vegetables are tender; stop microwave and stir at least twice during cooking process.

Cream of Broccoli Soup

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: < 30 minutes

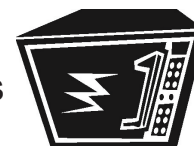


- 1/4 cup chopped onion
- 1 tablespoon butter
- 2 cups milk
- 8 ounces cream cheese, cubed
- 3/4 pound Velveeta, cut up
- 10 ounces frozen chopped broccoli, cooked, drained
- 1/4 teaspoon ground nutmeg
- dash pepper

Microwave onion and butter in 2 quart microwavable bowl on high 30 seconds or until onion is tender. Stir in milk. Microwave 3 to 4 minutes, stirring every 2 minutes. Stir in cream cheese. Microwave 4 to 6 minutes or until cream cheese is melted, stirring every 2 minutes. Stir in remaining ingredients. Microwave 30 seconds or until thoroughly heated.

Microwave Mini Pizzas

Serves/Makes: 3 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 (6 count) pkg. English muffins
- 1 small jar pizza sauce (any flavor)
- 8 ounces pkg. shredded Mozzarella cheese
- 48 slices pepperoni (optional)

Pour sauce onto open-face muffins. Place 4 slices of pepperoni on each muffin. Top each muffin with a generous amount of cheese. Bake in microwave for 2 minutes or until cheese is melted.

Mocha Java Chicken with Salsa Molé

Chef Chris Manning

Serves/Makes: 8 | Difficulty Level: 2 | Marinate overnight/grill 20 min



For the chicken:

- 2 tbsp. cocoa powder
- 2 tbsp. ground coffee
- 1 tbsp. chili powder
- 1 tbsp. salt
- 1 tbsp. brown sugar
- 8 – 4oz. Boneless skinless chicken breast
- 2 tbsp. vegetable oil

(Mocha Java Chicken Continued)

Combine the first five ingredients in a medium mixing bowl and blend well. Add the chicken breast to the spices and coat the chicken. Add the chicken to a one-gallon zip-lock bag, and pour in the oil. Close the bag and massage the chicken to coat with the spices and oil. Marinate overnight and grill on low heat only, for ten minutes on each side. Serve with Salsa Molé.

Salsa Molé:

- 1 large tomato, diced
- 1 clove of garlic, minced
- 2 scallions, minced
- ¼ cup of minced red bell pepper
- ¼ cup of minced peeled and seeded cucumber
- 1 cup of diced avocado
- ¼ cup chocolate chips (semi-sweet works best)
- Juice of half a lime
- 1 sprig of cilantro, minced
- Salt and pepper to taste

Combine all of the ingredients together in a mixing bowl. Gently toss together and refrigerate for one hour before serving.

Jerked Beef

Chris Manning



Serves/Makes: 6 | Difficulty Level: 2 | Marinate 2 days grill 10 min

Ingredients

- 1 lb. brown sugar
- 1 1/2 cups salt cure (kosher salt, sea salt or pickling salt can be substituted)
- 2/3 cup ground black pepper
- 1/3 cup garlic powder
- 1/3 cup Cajun seasoning
- 2 - 3 lb. Pieces top round (London Broil) Ask the butcher to “tenderize” both pieces

Place the first five ingredients in a large mixing bowl and mix by hand until all the lumps of sugar are gone. Place about ½ cup of rub on each side of the meat and rub it in to each piece. Cover and refrigerate for two days, turning the meat every 8 hours. Grill ten minutes each side for rare, slice and serve.

“Carolina Pickled Shrimp”

Chef Chris Manning

Serves/Makes: 6 | Difficulty Level: 2 | Ready In: 8-9 hrs



- ½ cup olive oil
- 1/3 cup ketchup
- 1/3 cup white vinegar
- 2 tblsp Worcestershire sauce
- 1 tblsp Sugar
- 1 tblsp Prepared mustard
- 1 tblsp hot sauce
- 1 tsp salt
- 1 ½ # 21-25 cooked shrimp, peeled and deveined
- 1 cup sliced red onion
- 1 cup thin sliced cabbage

Combine the ketchup, vinegar, Worcestershire, sugar, mustard, hot sauce, and salt and mix well. Slowly add the oil and mix until the marinade resembles french dressing. Layer the cabbage, onion and shrimp in a bowl, glass works best. Pour the marinade over the shrimp, cover and let stand in the fridge at least 8 hours.

Kabobs with Coca-Cola BBQ Sauce

Chef Chris Manning

Serves/Makes: 8 | Difficulty Level: 2 | Marinate overnight Cook 30 min



- 1 pound Italian sausage
- 1 pound sirloin of beef (boneless)
- 1 pound pork loin (boneless)
- 1 pound skinless boneless chicken breast
- (all cut into 8 ounce portions)

- 8- 2 inch pieces green bell pepper
- 8- 2 inch pieces red bell pepper
- 8- 2 inch pieces yellow bell pepper
- 8- 12 inch wooded skewers

For the rub:

- 1 cup paprika
- 1 cup salt
- 1 cup brown sugar
- 1 cup granulated sugar
- ½ cup onion powder
- ½ cup chili powder

(Kabob w/ Coca Cola Sauce continued)

- 1/4 cup ground black pepper
- 1 tblsp ground cumin
- 1 tblsp whole leaf oregano
- 1 tblsp whole leaf thyme
- 1 tblsp seasoning salt

For the Sauce:

- 1 1/2 cups maple syrup
- 1 1/2 cups BBQ sauce (your favorite)
- 1/4 cup mustard
- 1/4 cup soy sauce
- 1/4 cup hot sauce
- 1/4 cup ketchup
- 1- 16 ounce bottle Coke

Directions:

Using the wooden skewers, alternate putting one piece of each meat with a piece of pepper in between until all 8 skewers are full. Place all of the ingredients for the rub into a 2 quart mixing bowl and blend well. Coat the kabobs well and marinate overnight. Blend the BBQ sauce ingredients in another 2 quart mixing bowl. Grill the kabobs, basting them with BBQ sauce after each turn. Low heat works best, turning them every 2 minutes for 30 minutes.

Kafta

Chef Chris Manning

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: < 30 minutes

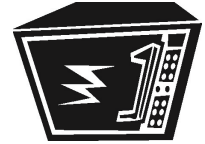


- 1 pound ground lamb
- 1/2 pound ground pork
- 1/2 pound ground beef
- 1/2 cup onions chopped fine
- 3 clove garlic large, minced
- 1 teaspoon mint dried, or 3T fresh
- 1 teaspoon cumin ground
- 1/2 teaspoon coriander ground
- 1/2 cup parsley fresh chopped
- 1/4 teaspoon pepper
- 1 teaspoon salt
- pita bread, tomato, lettuce, cucumber, and plain yogurt for sandwich

Combine all ingredients. Using wet fingers roll into balls about the size of an egg. Thread a skewer through each meatball and mold the mixture into a long finger shape along the skewer. Grill or broil gently careful not to overcook so it will not be dry. Remove from skewers with pita. Serve on pita with chopped tomatoes, shredded lettuce, and sauce made with 1/2 cucumber put through a food processed with 1 cup plain yogurt.

Meatloaf

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 pound ground chuck
- 1 cup pork rinds
- 1 egg
- 1/2 cup heavy cream
- 2 tablespoons Worcestershire sauce
- 3/4 cup shredded cheese
- Salt

Crunch the pork rinds up into crumbs. Put the meat in a microwave-safe baking dish. Add the pork rind crumbs, cream, egg, Worcestershire sauce, and cheese. Add salt to taste. Stir until all ingredients are mixed thoroughly and shape into a loaf. Put into microwave and cook for 14 minutes (or until internal temp rises to 150)

Pot Roast and Vegetables

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: 30-60 minutes



- 2 pounds pot roast, boneless
- 1 1/2 teaspoon salt
- 1/2 cup liquid beef stock
- 1 (24 oz.) pkg. frozen vegetables

Trim fat from roast, place fat in 10 inch casserole with lid, use cook cycle for 5 minutes. Place roast in drippings, cover and cook for 10 minutes. Turn roast over add liquid stock. Cover and cook 20 minutes. Turn roast again and cook for further 10 minutes. Add vegetables and cook for 15 minutes or until vegetables are tender.

Apple Pork Steak

Chef Chris Manning

Serves/Makes: 4 | Difficulty Level: 2 | Marinate overnight/grill 20-30 min



- 4 – 10 oz. pork steaks
- 1/2 cup apple sauce
- 1/4 cup soy sauce
- 1/4 cup cider vinegar
- 2 cloves of garlic minced
- 1 tblsp. ground black pepper

Combine all of the ingredients in a gallon size zip lock bag and shake well. Marinate overnight and grill till cooked through.

Orange and Ginger Glazed Baby Back Ribs

Chef Chris Manning



Serves/Makes: 2 | Difficulty Level: 2 | Ready In: 1-2 hrs

- ½ cup orange marmalade
- ¼ cup orange juice
- 2 tbsp. fresh minced ginger root
- ¼ cup soy sauce
- ¼ cup rice vinegar
- 4 cloves of garlic, minced
- 2 Tbsp. sesame oil
- ½ tsp ground cloves
- ½ tsp ground cinnamon
- salt and pepper to taste
- 2 – 1 1/2 pound racks of baby rack ribs

Combine the first ten ingredients in a 2 quart saucepan. Bring to a boil and then lower heat and simmer for 15 minutes . Remove from heat and allow to cool. Preheat oven to 325 degrees and baste ribs with sauce, bone side down in a large roasting pan. Bake the ribs, basting with the glaze every ten minutes, for one hour and 30 minutes. Yields 2 entrees or 4 appetizers.

Du-Yeon Korean Steak

Chef Chris Manning



Serves/Makes: 4 | Difficulty Level: 2 | Marinade 8 hours/cook < 1 hr

- 1/4 cup soy sauce
- 1/4 cup red wine vinegar
- 2 tbsp brown sugar
- 2 cloves of Garlic, minced
- 2 tbsp red chili paste
- 1 tsp ground ginger
- 1 tbsp ground coriander
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1/2 cup fresh minced scallions
- 4 - 8oz New York strip steaks

Mix the first 10 ingredients in a 1 quart mixing bowl, stir until sugar is dissolved. Place the steaks in a 1 gallon Ziploc bag with the marinade. Marinate in the refrigerator for at least 8 hours. Grill steaks to desired doneness.

Salads, Sides, & Vegetables

Fruit Salad

Serves/Makes: 8 | Difficulty Level: 3 | Ready In: 1-2 hrs



- 1 can (20 oz. size) pineapple chunks, drained
- 1 can (16 oz. size) peach slices, drained
- 1 can (11 oz. size) mandarin oranges, drained
- 3 medium bananas, sliced
- 2 apples, cored and chopped
- 1 package (4 serving size) instant vanilla pudding
- 1 1/2 cup milk
- 1/2 can (6 oz size) frozen concentrate orange juice, thawed
- 3/4 cup sour cream

Combine fruit. Set aside in refrigerator. In small bowl, combine pudding, milk and orange concentrate. Beat until blended. Beat in sour cream. Fold in fruit mixture, cover and chill. Garnish with mandarin orange sections.

Oriental Tossed Salad

Serves/Makes: 6 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 pound lettuce, shredded
- 1 package chicken flavored Ramen noodles, crushed (save flavor packet for dressing)
- 1/2 cup sunflower seeds
- 1/2 cup almonds, slivered or sliced

Dressing

- 1 teaspoon salt
- 2 tablespoons vinegar
- 1 teaspoon Accent seasoning
- 1/2 cup salad oil
- 1/2 teaspoon pepper
- Ramen noodle flavor packet (from above)
- 2 tablespoons sugar

Combine ingredients, and pour over the salad mixture.

Four-Layer Vegetable Salad

Serves/Makes: 6 | Difficulty Level: 2 | Ready In: 2-5 hrs



Dressing

- 1/2 cup sour cream
- 1/2 cup salad dressing or mayonnaise
- 1 tablespoon prepared mustard
- 1/2 teaspoon dill weed

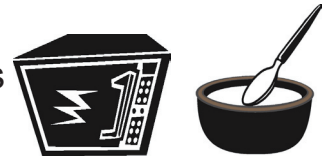
Salad

- 1/4 cup chopped green onion
- 1/4 cup chopped celery
- 1/4 cup chopped green pepper
- 1 cup frozen peas, thawed and drained
- 5 cups torn head lettuce
- 1 cup shredded cheddar cheese
- 5 slices bacon, fried and finely crumbled

Combine all dressing ingredients in large bowl; blend well. Layer onion, celery, green pepper, peas and lettuce over dressing. Sprinkle with cheese and top with bacon. Cover and refrigerate overnight or at least 4 hours.

Bacon Ranch Potato Salad

Serves/Makes: 8 cups | Difficulty Level: 3 | Ready In: 1-2 hrs



- 3 pounds new potatoes (cut into 1/4-inch slices)
- 1/3 cup cold water
- 1/2 cup salad dressing
- 1/4 cup ranch flavored dressing
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 6 slices bacon (cooked crisp and crumbled)
- 1/2 cup celery slices
- 1/2 cup red pepper strips
- 1/2 cup sliced green onions

Place potatoes and water in 3-quart microwave dish and cover. Microwave on high for 14 to 16 minutes or until tender, stirring after 8 minutes; drain. Mix dressings and seasonings in large bowl until well blended. Add potatoes and remaining ingredients; mix well. Refrigerate for at least 30 minutes before serving.

Grilled Garden Vegetables



Serves/Makes: 6 | Difficulty Level: 2 | Ready In: < 30 minutes

- 2 medium red and/or yellow bell peppers, each cut into 8 wedges
- 2 medium zucchini and/or yellow squash, cut diagonally into 1-inch pieces
- 8 small carrots with 1-inch greens intact
- 6 green onions and/or red scallions, cut into 3-inch pieces
- 2 tablespoons butter, melted
- 1/2 teaspoon instant minced garlic or garlic salt
- 1/2 teaspoon coarsely ground pepper
- 1/4 teaspoon salt

Heat gas grill on medium or charcoal grill until coals are ash white. Make 12-inch square aluminum foil grilling pan with rectangle of double thickness heavy-duty aluminum foil or use purchased foil pan. Place peppers, squash, carrots and onions in grilling pan. Drizzle with melted butter; sprinkle with garlic, pepper and salt. Place pan onto grill. Cover; grill, stirring occasionally, until vegetables are roasted (8 to 12 minutes).

Cheese Potato Bake



Serves/Makes: 8 | Difficulty Level: 2 | Ready In: < 30 minutes

- 1 can (10-1/2 oz. size) cheddar cheese soup
- 1/2 cup milk
- 1 medium onion, sliced
- 6 large potatoes (peeled and sliced)
- paprika

Mix soup and milk together. Place half of potatoes in 2 qt. casserole, top with half of onion and half of soup mixture. Repeat layers and sprinkle with paprika. Bake in microwave oven on roast for 20 to 25 minutes or until potatoes are tender. May also be baked in a conventional oven at 350 degrees F. for 1 hour.

Macaroni And Cheese



Serves/Makes: 3 | Difficulty Level: 3 | Ready In: < 30 minutes

- 1 cup macaroni, uncooked
- 2 tablespoons flour
- 1/4 cup chopped onion
- 1 teaspoon Salt
- 1 dash tabasco
- 1 cup milk

(Macaroni and Cheese continued)

- 1 cup water
- 2 tablespoons butter
- 1 cup cubed cheese

In 2-quart casserole, combine macaroni, flour, onion, salt and Tabasco. Stir in milk and water. Dot with butter. Cook, uncovered in microwave, 10-12 minutes on high, stirring occasionally. Stir in cheese and let stand 3-5 minutes to finish cooking and melt cheese. Note: For additional flavor and color, add 2 tablespoons chopped pimiento, 2 tablespoons chopped parsley or 1 teaspoon dry mustard.

Mashed Potatoes With Sour Cream

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: 30-60 minutes



- 2 pounds potatoes
- salt to taste
- 1/2 cup milk
- 1/4 cup sour cream
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg

Peel potatoes and cut in thick slices. Put in microwave dish, cover with cold water, sprinkle with salt and toss to mix. Cover and microwave on high 10 min. Stir and microwave on high 15 min. more or until tender. Drain. Put in a bowl. Heat milk in glass measure in microwave on high 1 min. Beat potatoes with mixer 1 min. or until most of the lumps are gone. Add sour cream, with mixer pour in hot milk in a slow steady stream. Add pepper, salt, nutmeg. Beat just until blended. Serve with gravy if desired

Corn on the Cob

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1/4 cup butter -- melted
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon Italian seasoning
- 4 ears corn on the cob
- 1/4 cup water
- salt -- to taste

Combine the butter, cheese and Italian seasoning in a bowl; set aside. Remove husks and silk from corn; place in a shallow microwave-safe dish. Add water. Cover and microwave on high for 10-13 minutes, turning once. Let stand for 5 minutes; drain. Brush with butter mixture and season to taste.

Desserts & Sweets

Magic Cookie Bars

Serves/Makes: 12 | Difficulty Level: 3 | Ready In: < 30 minutes



- 1/2 cup butter or margarine
- 1 1/2 cup graham cracker crumbs
- 1 can (14 oz. size) sweetened condensed milk
- 1 package (6 oz. size) butterscotch or peanut butter morsels
- 1 can (3 1/2 oz. size) flaked coconut
- 1 cup nuts, chopped

Microwave butter in 13x9-inch microwave-proof baking dish until melted. Sprinkle graham cracker crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients. Pat down gently. Microwave for about 7 minutes, depending on microwave. Let cool; serve and watch them “magically” disappear.

9 Minute Microwave Pineapple Cake

Serves/Makes: 8 | Difficulty Level: 3 | Ready In: < 30 minutes

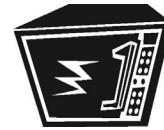


- 6 ounces sliced pineapple
- 1/2 cup brown sugar
- 5 teaspoons butter
- 6 maraschino cherries
- 1 box (single layer size) white cake mix
- 1 egg, beaten

Using a bundt microwave pan, spray with non stick vegetable spray. Melt butter and pour into bundt pan. Spread brown sugar in bottom of pan on butter. Place pineapple slices around on top of brown sugar. Save the juice. Slice the cherries and place in and around the pineapple slices. Pour cake mix into medium mixing bowl. Mix pineapple juice and the egg into the cake mix. Pour over pineapple slices, cherries and brown sugar. Bake in microwave on high for 9 minutes on turn- table. If you don't have a turn-table, turn bundt pan one-quarter every 3 minutes

Best Chocolate Cake

Serves/Makes: 12 | Difficulty Level: 3 | Ready In: 30 min



Ingredients:

- 2 cups all-purpose flour or cake flour
- 2 cups sugar
- 1/2 cup shortening, room temperature
- 3/4 cup water
- 3/4 cup buttermilk
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1/2 teaspoon baking powder
- 2 eggs, beaten
- 4 ounces unsweetened chocolate, melted and cooled

Generously grease 16-cup microwavable bundt cake dish; coat with cornflake crumbs or graham cracker crumbs. Substitute 1/2 cup vegetable oil for the shortening and follow directions listed above. Pour batter into dish.

Microwave uncovered on medium (50%) 15 minutes, rotating dish 1/4 turn every 5 minutes. Microwave uncovered on high 3 to 5 minutes longer or until top springs back and appears slightly moist. Let stand uncovered on flat, heatproof surface (not wire rack) 10 minutes. Invert onto heatproof serving plate. Frost 9 X 13 in pan, or fill and frost layers or bundt cake with Chocolate Frosting or Caramel Frosting if desired.

Grilled Banana Boats

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: 30-60 minutes



- 4 bananas
- 1/4 cup chocolate, peanut butter, or butterscotch chips
- 1/2 cup miniature marshmallows
- heavy duty aluminum foil

Peel the banana and slice it in half lengthwise. Place both slices of the banana on a sheet of heavy duty foil. Top with 1/4 of the chocolate chips and marshmallows. Bring up sides of aluminum foil. Secure the edges by folding them over each other 2-3 times. Bake on barbecue over medium heat or above camping coals on a rack for 30 minutes. Be careful in peeling back aluminum foil. Banana should be soft and the chocolate and marshmallows melted.

Microwave Hot Fudge Pudding Cake

Serves/Makes: 6 | Difficulty Level: 3 | Ready In: < 30 minutes



- 3/4 cup all-purpose flour
- 1 1/4 cup sugar, divided
- 1/4 cup unsweetened cocoa, PLUS
- 2 tablespoons unsweetened cocoa, divided
- 1 1/2 teaspoon baking powder
- 1/3 cup milk
- 1/4 cup melted butter
- 1 1/2 teaspoon vanilla
- 3/4 cup sugar
- 1 cup hot water

Mix flour, 1/2 cup sugar, 2 tablespoons cocoa, baking powder, milk, butter, and vanilla in a microwave-safe baking dish. Mix together 3/4 cup sugar, 1/4 cup cocoa and hot water. Pour over first batter. Do not stir. Microwave at high power, uncovered, 5 to 8 minutes or until cake springs back when lightly touched. Serve warm with ice cream and whipped cream.

Microwave Caramel Corn

Serves/Makes: 4 qts | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 cup brown sugar, firmly packed
- 1/2 cup butter or margarine
- 1/4 cup light corn syrup
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 4 quarts popcorn, popped

Mix sugar, butter, syrup, and salt in a bowl. Microwave till boiling, then microwave 2 minutes longer. Mix in baking soda. Pour mixture over popcorn that is placed in a brown paper bag and shake vigorously. Microwave 30 seconds, take out of microwave, and shake. Microwave 1 minute, take out, and shake. Microwave 1 more minute and shake. Pour out on a baking pan.

10 Minute Never Fail Microwave Peanut Brittle

Serves/Makes: 16 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 cup sugar
- 1/2 cup light corn syrup
- 1 cup raw peanuts
- 1/8 teaspoon salt
- 1 tablespoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

Combine first 4 ingredients in 2-quart microwave mixing bowl. Microwave on high for 8 minutes, stirring after 4 minutes. Add butter. Microwave on high 2 minutes. Brittle should not get too brown. Stir in vanilla and soda until light and foamy. Spread on buttered baking sheet as thinly as possible. Cool. Break into pieces. Soak mixing bowl in warm sudsy water immediately for easier clean-up. Note: exact cooking times may vary depending on your microwave wattage.

5 Minute Fudge

Serves/Makes: 12 | Difficulty Level: 2 | Ready In: 30-60 minutes



- 1 pound powdered sugar
- 1/2 cup cocoa
- 1/4 cup milk
- 8 tablespoons margarine
- 1/2 teaspoon vanilla

Mix sugar and cocoa together in large bowl, pour milk in sugar mixture and set margarine on top. Microwave 2.5 minutes on high. Mix well and add vanilla. Pour on aluminum foil covered plate, put in fridge for 30 minutes. For an ice cream topping, add more milk when cooking.

Drinks Sauces and Marinades

Fresh Fruit Smoothies

Serves/Makes: 2 | Difficulty Level: 2 | Ready In: < 30 minutes



- 2 cups fresh strawberries
- 2 large ripe banana
- 1 1/2 cup cranberry juice
- 5 ice cubes
- 2 teaspoons honey

Clean the strawberries and remove the stems. Peel the bananas and break it into chunks. Place the strawberries and the bananas into a blender. Then add the fruit juice, ice cubes, and the honey. Place the lid on the blender. Fold a kitchen towel over the blender so that it drapes over the top. Turn the blender on high and blend the shake until smooth. Always keep your hand over the lid so that it doesn't come off.

Pineapple Strawberry Banana Smoothie

Serves/Makes: 4 | Difficulty Level: 3 | Ready In: 1-2 hrs



- 3 cups fresh orange juice or other fresh fruit juice
- 2 cups frozen pineapple chunks (use fresh pineapple)
- 2 cups frozen strawberries (fresh or whole frozen, non-sweetened berries)
- 2 cups frozen banana chunks
- 2 packages Equal brand sweetener, Splenda or other - optional

Remove crown and bottom and slice rind off of pineapple, quarter it lengthwise and remove core also slicing lengthwise. Slice pineapple crosswise into quarter 1- inch slices. Slice bananas into 2- inch chunks. If using fresh strawberries, wash, core and pat dry. Place fruit on baking sheets, cover with plastic wrap, and freeze until solid, 30 to 60 minutes. This can be done well in advance. (I like to have frozen fruit on hand in freezer bags. After the fruit has frozen you can put it in a freezer bag or plastic covered container. The fruit has to be frozen in separate pieces on a baking sheet before you put it into a container or it will stick together in a mass.) Place juice, fruit and sweetener if using in blender or food processor and process until smooth (If fruit is too hard to process, allow it to soften for 1 or 2 minutes before continuing.) Serve at once or transfer or cover and chill for up to 60 minutes before serving. Smoothies are best served immediate after blending.

S'more Smoothies

Serves/Makes: 2 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1/2 cup marshmallow creme
- 1/4 cup chocolate syrup
- 1 cup milk
- 2 cups ice
- 2 graham cracker squares
- mini marshmallows
- mini chocolate chip

Add the marshmallow creme to the container of an electric blender. Add in the chocolate syrup and milk. Add the ice on top and crumble the graham crackers over the ice. Cover and blend on high until smooth and all the marshmallow creme has been incorporated. Pour mixture into chilled glasses; garnish with the mini marshmallows and chocolate chips.

Vanilla Milkshake

Serves/Makes: 2 | Difficulty Level: 1 | Ready In: < 30 minutes



- 4 cups quality vanilla ice cream
- 2 teaspoons vanilla extract
- 8 tablespoons sugar
- 2 cups milk, less for thicker milkshakes

Using a blender or milkshake machine, blend all ingredients together until smooth. Serve in tall glasses with a straw.

Thick Banana Milkshake

Serves/Makes: 2 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1/4 cup milk
- 1/3 cup dry milk powder
- 1 medium ripe banana, peeled and chunked
- 1/2 teaspoon vanilla extract
- 7 ice cubes
- sweetened to taste

In blender or food processor combine above ingredients until smooth and creamy.

Chocolate Milkshakes

Serves/Makes: 4 | Difficulty Level: 2 | Ready In: < 30 minutes



- 3 cups chocolate or vanilla ice cream
- 3 cups milk
- 3/4 teaspoon vanilla extract
- 3/4 cup chocolate fudge sauce
- 4 marashino cherries

Combine ice cream, milk and vanilla in a blender. Process until thick and smooth, about 1 minute. Divide fudge syrup among parfait glasses, covering the bottom and drizzling syrup in a spiral pattern around inside of each glass. Pour equal amounts of ice cream mixture into each glass. Swirl some chocolate fudge syrup over each serving. Place 1 cherry on top of each milkshake.

Double Raspberry Sparkle

Serves/Makes: 8 | Difficulty Level: 2 | Ready In: < 30 minutes



- 1 (25 oz.) bottle non-alcoholic sparkling white grape juice
- 3 cups red raspberry juice drink, chilled
- 6 tablespoons red raspberry syrup
- 2 tablespoons freshly squeezed lime juice
- Ice
- 2 limes, sliced

In a 2-quart pitcher, stir together sparkling grape juice, raspberry juice drink, red raspberry syrup and lime juice. Pour over ice in glasses. Garnish each glass with a slice of lime.

Mexican Lime and Mustard Dressing/Marinade

Chef Chris Manning

Makes: 2 1/2 cups | Difficulty Level: 2 | Ready In: < 30 minutes



- Juice of one lime
- 1 tbsp honey
- 1 tbsp fresh chopped cilantro
- 1 tsp salt
- 1 tsp crushed red pepper
- 1 clove of garlic, minced

(Mexican Lime and Mustard Dressing continued)

- 2 tsp. minced scallion
- 1 tsp. chili powder
- ½ cup Dijon mustard
- ½ cup mayonnaise

Combine the first ten ingredients in a food processor and blend well. Pour over steaks or chicken, coating both sides evenly. Marinate overnight and grill to desired temperature. This makes a great dressing for tomato-cucumber salad.

Super Bowl Sauces

Chef Chris Manning

Carolina Gold Sauce

Makes: 7 cups | Difficulty Level: 2 | Ready In: 1 hr



- 3 cups white vinegar
- 1 cup salad mustard
- 1 cup sweet pickle relish
- 1 cup hot sauce
- ½ cup water
- ½ cup sugar
- 1 tblsp. crushed red pepper
- 1 tsp. cayenne pepper
- 1 tblsp. salt
- 1 tblsp. ground black pepper

Combine all of the ingredients into a 2 quart sauce pan and simmer for one hour, stir every ten minutes. This sauce is great with pulled pork or fried chicken wings.

Cranberry Horseradish Sauce

Makes: 4 1/4 cups | Difficulty Level: 2 | Ready In: < 30 minutes



- 3 cups jellied cranberry sauce
- 1 cup strawberry jam
- ¼ cup prepared horseradish
- 1 jalapeño pepper seeded and minced fine
- juice of one orange

Place all of the ingredients in a food processor and blend till smooth. Serve with roasted turkey, pork or chicken.

Buffalo Wing Sauce

Chef Chris Manning

Makes: ½ cup | Difficulty Level: 2 | Ready In: < 30 minutes



- ¼ stick of butter
- 1- 5oz. bottle of “Frank’s Red Hot Sauce”
- 1 tsp. seasoning salt
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. crushed red pepper
- 2 tblsp. white vinegar
- 1 tsp. chicken boullion

Put all of the ingredients into a 2 quart sauce pan and allow to simmer for 15-20 minutes. Add sauce to freshly fried chicken wings to coat. Recipe yields enough sauce to coat 3 pounds chicken wings.

Blue Cheese Dressing

Chef Chris Manning

Makes: 1½ cup | Difficulty Level: 1 | Ready In: < 30 minutes



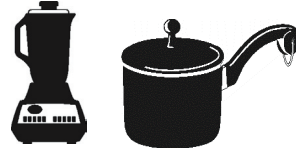
- ¼ pound crumbled Bleu cheese
- ½ cup sour cream
- ½ cup mayonnaise
- 1tblsp. lemon juice
- 1tblsp. wine vinegar
- dash of hot sauce
- dash of Worcestershire sauce
- pinch of celery salt

Combine all of the ingredients in a small mixing bowl, until smooth. Best if made a day ahead. Serve with chicken wings and celery sticks.

Watermelon Barbeque Sauce

Chef Chris Manning

Makes: 9 cup | Difficulty Level: 2 | Ready In: 1 hr



Watermelon and rind from a small to medium size watermelon

2 cups dark corn syrup

1 cup water

½ cup tomato ketchup

½ cup distilled vinegar

1 ½ tsp crushed red pepper flakes

1 tsp liquid smoke

½ tsp black pepper

1 cup of your favorite pre made BBQ sauce

Cut the green off the skin and about half an inch of the hard white part, keeping the part of the rind that is lighter red to white. Put the rind into the food processor and puree for approximately 10 seconds. Strain the liquid from the pulp and use two cups of the pulp after strained.

Combine the two cups of pulp and remaining ingredients in a medium sauce pan over high heat, bring to a boil then reduce heat to a simmer and let simmer for an hour or until preferred thickness.

***You can find more recipes from Chef Chris Manning by visiting
www.nnyschildrenshome.com***

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